SANDOW'S MAGAZINE.
Thursday, Nov. 9th, 1905.

# SANDOW'S

## Weekly

# Magazine

OF ...

## PHYSICAL CULTURE & SPORT.

VOL. XV (New Series). November 9. 1905. No. 123.

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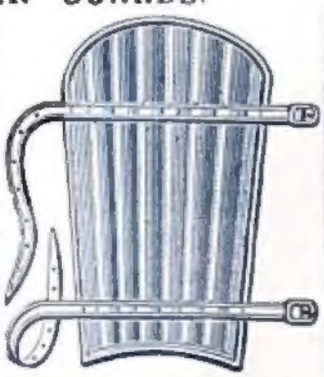

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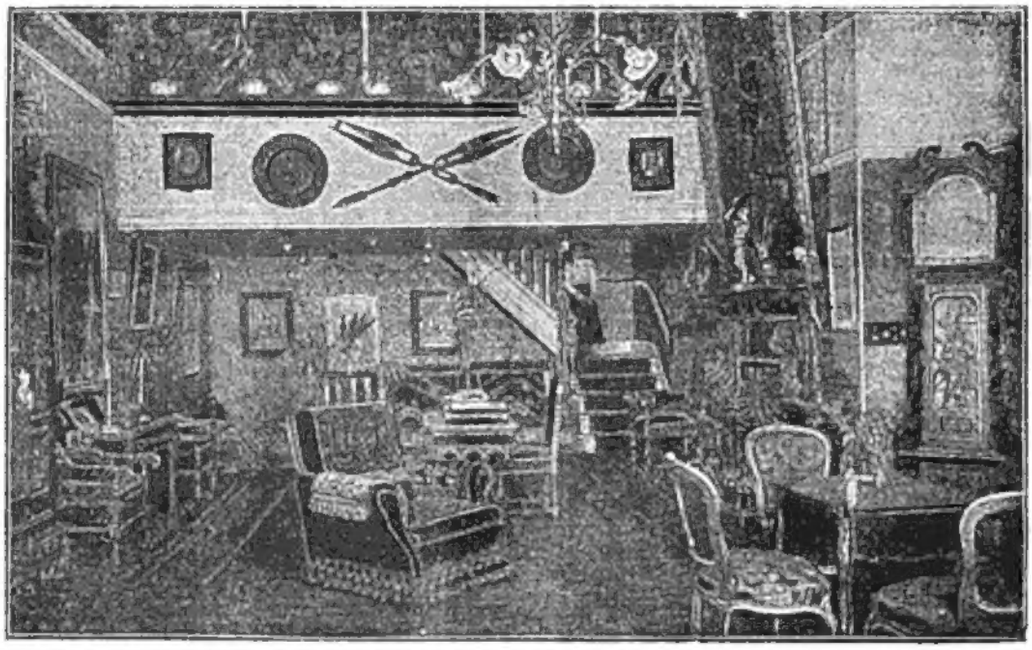

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## *EDITOR'S AND PUBLISHER'S NOTES.*

**NOTICE TO CONTRIBUTORS.**—*The Editor will at all times be glad to consider articles, stories and sketches addressed to him at 131 Temple Chambers, Temple Avenue, E.C., but in order to avoid waste of time, contributors would do well to submit suggestions for his approval before sending in their work. In no case can the Editor be responsible for the safety of unsolicited sketches and literary matter, but where stamps are enclosed he will do his best to secure their return if unsuitable. When Photos are to be returned contributors should state so clearly on the back of each.*

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# Sandow's Magazine

OF ...

## Physical Culture and British Sport.

*Edited by Eugen Sandow.* *Assisted by Frank Pink.*

VOL. XV. (Established 1898.) NOVEMBER 9TH, 1905. No. 123.

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EDITORIAL.—I am always pleased to receive Contributions, Literary and Pictorial for consideration. Where payment is desired, the Contribution should be accompanied by note of amount required. Prompt consideration will be given and an early reply forwarded. No responsibility can be accepted without.

# Physical Culture.

## 4000 B.C. and 1905 A.D.

BY EUGEN SANDOW.

THE languorous, lotus-eating land of Cleopatra and the misty period of 4000 B.C.—one does not readily associate the age or the country with the "last word" in scientific medicine, or, still less with the modern enthusiasm for Physical Culture! It is none the less true, however, that some of the latest theories in these matters were first propounded by a personage who has probably been a mummy for some 6,000 years—long enough, it may well be imagined, to satisfy the cravings of the most extreme believer in the efficacy of "old and tried" theories, medical or otherwise.

The personage referred to was the great Egyptian priest and physician,

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I-em-hotep, who flourished in the days of King Torsothros, as far back as 4000 B.C. The physician's name is now all but forgotten, and is without the distinction of possessing even the baldest of references in the cyclopædias; yet the owner was so greatly revered by his contemporaries, on account of his researches in the domains of medicine and anatomy, that after his death he was reputed the son of the god Ptah, the deity who carried out the mandate of the Divine Intelligence at the creation, and was the "Opener" of the day. Has ever apostle of health and bodily culture been so magnificently honoured either in his own day and generation or afterwards? The ancient priest-physician had no slight knowledge of the diseases of the heart, and his professional rivals —for even in these dim ages the "medicine-man" was no doubt subject to competition of a kind—came as near as possible to anticipating Harvey in his epoch-making discovery of the circulation of the blood. "Rest" was their prescription for certain diseases of the heart, which is precisely the treatment adopted by up-to-date medical men in the present year of grace. In this the ancients had the pull over the modern medico, for we may be sure it would require comparatively little insistence to make this particular treatment appeal to the dreamy instincts of the Oriental patient. Further, we find the Ptolmaic historian Manétho saying of the Egyptian King Toth that, "being a physician, he wrote anatomical works." There are, in point of fact, many instances of the interest shown by the people of Egypt, thousands of years ago, in the healthy development of the body, particularly by means of special public exercising grounds, and of their appreciation of efforts made in the direction indicated. In honour of I-em-hotep, hospitals were founded in Memphis and other cities, and a temple was built over his tomb. Physical Culture is therefore not a thing of yesterday, or even of the day before. How far the ancient Egyptians carried the theory and practice of scientific exercises is not exactly known, but the farther we probe into their learning on different subjects the more advanced we find them to have been. It is therefore probable that in reintroducing into this country the scientific exercise cure, I am only reviving a lost art, forgotten, like many others, thousands of years ago.

It is an axiom of medical practice that a simple remedy, other conditions being equal, is preferable to a relieving agent less direct in its action; and it is no doubt on this account that so many of my patients have come to me from medical men who appreciate to the full the benefits which are certain to accrue from my treatment, but who have not themselves the time to work out the exercises suitable for each individual case.

In these days, when keenness of brain and alertness of mind are essential to success in life, my methods make an especial appeal to the business man. One can scarcely doubt that the increased activity of the bodily functions and the more generous blood supply given to the thinking organ, the brain, were among the results inevitably following properly directed exercises which were at least dimly apprehended by the old-time devotees of physical culture; but at no other time in the history of the world have these benefits of the science been so clamantly necessary as in the present age of strenuous competition and artificial living—the days when the physically unfit, even if possessing more than average ability, go to the wall simply because their system is physically incapable of carrying out with sufficient vigour the aspirations and ideas of the mind and brain.

It is probable that if the venerable Egyptian scientist, who 6,000 years ago knew some of the most important *modern discoveries*, could step out of his mummy form and see the work of the present-day Physical Culturists, there would be but little that he could teach and something that he might learn.

Eugen Sandow.

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THE EDITOR.

# Notes from my . . . Note-book.

IT was hinted in a recent number that I hoped soon to be able to devote more time and attention to my work in England. I have always wanted to be more actively concerned with my magazine, and I am pleased to be able to say that I have now made arrangements to this end. The alterations introduced with this number are only slight indications of the further great improvements that I will make with succeeding issues.

o—o

Will you, my dear reader, help me? Get at least two, if not more, friends to try my magazine for, say, only three months, at a cost of 6d. each. It is the favour of your kind introduction only that I want you to accord to me. It is for me to induce your new reader-friends to continue as regular readers. This I know full well I can only effect by giving readers a magazine that is well worth its small cost of 2d.

o—o

Quite too often do I receive letters to the effect that the writers have purchased my Developer, but do not use it as regularly as they might. Naïvely enough, these same innocent people wonder why they do not "improve" like others. I'm afraid there's a great deal too much physical—indifference, shall I say, instead of the more Jack Blunt word "laziness"? The great thing is to make up one's mind about a thing. If it is advisable, *do it*. That's the way to achieve results.

o—o

"What thy hand findeth to do, do it with all thy might," is the motto of the new Lord Mayor of London, who attributes his present highly honourable position to his practical recognition of this true old axiom.

o—o

Show me a man who does not put his heart into what he does, and I will show you one who fails to succeed. Just now our New Zealand cousins are conclusively demonstrating how wholeheartedness sweeps away all obstacles to success. Nowhere during my World Tour did I see finer Physical Culturists than in New Zealand and Australia. Their enthusiasm and actively intelligent interest in the subject were extraordinary when compared with the *blasé* attitude of the average Englishman.

Nothing illustrates the dense mental attitude of some Englishmen—even in his games, in which he is usually credited with more than ordinary interest—than the remark made to me by one fairly well known London club-member. Said he, "I play it (football) for amusement, and do not make a business of it, like those New Zealand fellows." Well, thought I, I can give a pretty good guess as to who gets the most—"amusement" out of a game—and it's not the unfit, indifferent English player, especially when the latter sees the dare-devil enthusiasm of his Colonial cousin carrying him past his comparatively feeble and futile opposition. As one writer puts it, the Englishman plays football with his feet, the New Zealander with his head and feet.

o——o

There's a useful moral in the foregoing for those who desire to exercise their brains as well as their muscles. Personally, I do not wonder at fellows giving up Physical Culture who fail to get up sufficient interest in what they are doing. Anything more deadly dull than the merely mechanical and perfunctory and aimless swinging about of the arms for a certain period, I candidly admit I cannot conceive. Yet those who fail in this matter are pretty sure to fail in anything else. Am I not right?

o——o

I am pleased to see that the leading magazines are devoting more space to Physical Culture of late. The editor of *Pearson's Magazine*, for instance, has opened his pages to an interesting discussion on the best method of keeping fit, and himself contributes the opening chapter. He is an enthusiastic believer in the virtues of air and exercise, but I do not think his plan of "falling to at pleasant physical recreations, after dinner," an advisable one.

There is no time like the morning for physical exercise, and to indulge in gymnastics after the heaviest meal of the day is courting the unwelcome attentions of the indigestion fiend. A few minutes on rising, and a few minutes before retiring to rest, will generally be found the best time to practice physical exercises.

o——o

Another contributor to the discussion is Sir Martin Conway, who declares that he takes no exercise; but surely I have read somewhere or other of Sir Martin Conway's athletic feats among the Alps. Lieut.-Colonel Newnham Davis, who is a confirmed *bon vivant*, keeps down the "superfluous" by plenty of walking. Mr. Eustace Miles is strong on vegetarianism, and Mr. Harry Furniss thinks golf "the greatest of all secrets for keeping fit." Lord Brassey yachts, hunts, rows, golfs, plays lawn tennis, and says "the more I do of them the better I am." The editor invites further contributions on the subject, and some of my readers may care to send him their views on the subject.

o——o

The Prince of Wales, who is not only a lover of all manly sports, but who is also a keen student of physical culture, evidently means to keep himself in condition during his voyage on the *Renown*. His Royal Highness has followed out my system of physical culture for several years now, and arrangements have been made so that he may obtain his usual share of physical exercise on his voyage to India. During his trip on the *Ophir*, the Prince himself and all the officers on board devoted a certain portion of each day to bodily exercise and culture, and no doubt his enthusiasm will have a similar influence on the officers and crew of the *Renown*.

EUGEN SANDOW.

# Tom Burrows in South Africa.

* * *

FROM our South African exchanges we learn that Tom Burrows was not long before he was at work on his return to the scenes of some of his former triumphs, and judging from the accounts of his match with one Lloyd, at Johannesburg, they are not slow over there to recognise talent. Judging from the account in the *Cape Times*, however, Burrows must have had a rather exciting time. Says our contemporary :—

Tom Burrows, as Tivoli-goers are aware, has come down from Johannesburg to fulfil his engagement at our local music-hall, after a very successful six weeks' show at the Johannesburg Empire.

His club-swinging with Frank Lloyd created a lot of excitement, and on the last night the place was crammed, and the enthusiasm was something too utterly utter. Something like three hundred ladies stopped till 1.30 a.m. to see the finish of the 54 hours' swing, and when Burrows was declared the winner on points, the fair beings were even more excited than the men.

Senora Tortajada, who was in a box, burst her gloves, so hard did she clap, while the fair member of the American couple, Hooker and Davis, also of the company, and who was in another box, could hardly speak next morning: so hoarse had her energetic vocal applause left her.

Endurance Burrows, as he deserves to be dubbed, felt the strain of this contest rather more than on previous occasions, as he had only one week in which to train after coming off the boat that brought him out. The two swung on a platform in the lounge, and when Burrows' "turn" for the usual evening performance came on he had to walk from there down the aisle up the steps to the stage, swinging all the time.

On the second night he ricked his ankle while stepping on to the stage and suffered great pain till the end. For the last few hours he was practically standing on one leg. This was the same ankle he ricked at the Canterbury, London, in much the same way under similar circumstances.

The final scene, after the ladies and most of the audience had retired, was rather funny. Professor Finney had had his tank heated extra warm, and without any warning the club-swinger was seized by half-a-dozen pairs of arms and flung into it, soused and half drowned.

A dispute arose while he was struggling in the tank, as to whether or not his head had been under, and to put an end to it, one of them seized his head and held him under until Finney said he did not want his under-water record broken by a corpse; for which the other murmured "tanks."

When Burrows was lifted out, no towels were to be found at first, but soon they were rubbing him down.

After his extraordinary feat he did not miss a single performance, although he used only two clubs the next night and had to limp on painfully. He got a rousing reception.

He is particularly grateful for the kindness that was shown him up there. Among other things, several well-known sportsmen, including Teddy Elliott and Jack Herff, presented him with a handsome gold medal with their names inscribed on it; Leonard Rayne presented him with a gold watch, while Frank Mitchell, the well-known cricketer, treated him very hospitably indeed at his residence, where he stayed for some time after his feat, besides presenting him with a diamond pin.

The only ill-effect Burrows suffered was the affecting of his nerves. He lost 9½ lbs. in weight during those 54 hours.

* * *

From another journal we learn that Burrows has thrown down the gauntlet to Thobbs, who, it will be remembered, has been credited with some good performances in endurance club swinging. This paper says:—

Cape Town gave a hearty welcome to genial Tom Burrows, the King of Clubs. Tom holds a warm place in the affections of all, as he made a host of friends during his long association among us some time ago. Since he left South Africa he has added considerably to the circle of friends and well-wishers, and has also gained not a little in experience, and in the course of an interesting chat, the interviewer learned that he has a great idea of Canada, and speaks in glowing terms of the [illegible] he received in Quebec and Montreal. His opinion, however, is that it is impossible to beat America as a sporting country, and more especially in regard to the ability of the boxers in the Land of the Stars and Stripes.

During his stay in the United States he secured many engagements in Philadelphia, San Francisco, New York, and various other places, but in all of these sporting cities he was unable to make a match at club-swinging, the quality of his work in several cases scaring away possible opponents. There is no question but that at the present time Burrows is putting in some brilliant work, and he is a star of not the least magnitude in the strong company at present appearing at the Tivoli.

Questioned regarding the match which he recently won on points against Lloyd at Johannesburg, Burrows spoke in high terms as to the ability of his opponent, who was, he added, the first who has ever swung with him right to the end of an endurance contest, while fulfilling all the requirements of the committee. He holds that Lloyd is a very formidable opponent, but does not think that it is possible to arrange a return match in Cape Town at present, as the Johannesburg man is not willing to come down. In that connection, however, he states that he is perfectly willing to meet Lloyd, or any other proved exponent of the art of club-swinging, either for points or endurance, before a committee to be mutually agreed upon.

He especially alludes to the fact that Thobbs, of Port Elizabeth, has the credit of some wonderful performances to his name, and has before now expressed the wish to meet Burrows for endurance and points. A splendid chance is now afforded the Eastern Province athlete of meeting one who has made his reputation and proved his ability before the best judges of gymnastics and club-swinging in the world. By defeating such an opponent, Thobbs would at once establish his claim to be considered as one of the world's greatest athletes, for Burrows has proved in both hemispheres that he has no superior at that branch of athletic exercise in which he excels.

Questioned as to his movements after the termination of his present engagement—three weeks—Burrows stated that he has not yet definitely decided, but as he has already restarted the gymnastic and fencing classes which were so popular prior to his departure, there is more than a hope that he will again settle down in Cape Town.

# THE RULES OF . . WRESTLING.

## ——Suggested New Code.——

A WELL-KNOWN authority on catch-as-catch-can wrestling has submitted a set of rules which, in view of the recently appeared discussion in the columns of *The Sportsman*, we have pleasure in publishing. It has been argued verbally and in print that the conditions at present in force in connection with catch-hold wrestling leave much to be desired, and that it is high time something should be done to put an end to questionable practices and unfair methods and make the sport of wrestling a genuine trial of skill and strength. As the rules stand, and as matches are made, little is barred saving the strangle hold, the double Nelson, scratching and gouging. In some matches decided not so long ago all holds were, according to the articles, allowed, and it is a well-known fact that the majority of the Turks who visit us know little or nothing of the conditions under which they compete. Wrestling, even in England, appears to be almost wholly and solely in the hands of the foreigners, and with no Englishman to put forward as a competitor, it may be that considerable difficulty will be experienced in getting strangers to contend one against the other under conditions laid down by Britishers. Judging from the tone of the majority of correspondents, the desire is to avoid brutality, and, while not admitting for one moment that anything approaching this occurred in the match decided at the Lyceum between Madrali and Jenkins, there is, we consider, plenty of room for improvement, and suggestions, corrections, or additions will receive attention. We have added a little but taken nothing from the following:—

Rule 1.—Although wrestlers are allowed to catch hold where they please, they must not scratch, throttle, pull each other's ears, or attempt to maim one another by unfair practices.

Rule 2.—The referee is invested with full power to decide any point which may arise in a contest not provided for either in the rules or articles of agreement, and subject to no appeal in a court of law.

Rule 3.—The wrestlers must not be rubbed with grease, resin, or any pernicious drug, and may compete either in stockinged feet or canvas shoes and bathing drawers only, should they elect to do so.

Rule 4—A wrestler is not allowed to press his knees into his opponent's crutch or tender parts, nor is he allowed to dig his knuckles into his adversary's ribs or stomach when in holds either upstanding or on the floor. Such practices shall be deemed foul. The same refers to twisting an opponent's arm in order to cause

pain, thus rendering him helpless, and not with the object of throwing him.

Rule 5. Placing a hand or both hands over an opponent's face and gouging are forbidden, and a wrestler deliberately going down on all fours without being legitimately thrown to the satisfaction of the referee shall be disqualified, the same as in a prize fight in the olden time, when "going down to avoid" meant disqualification to the cowardly delinquent.

Rule 6. The Double Nelson, being accounted a dangerous manœuvre, is barred. It is brought about by one wrestler getting behind his opponent and placing both arms under his breast, when the assailant clasps his hands behind the neck of his antagonist and bends his head downwards in such a manner that his breastbone must give way if he does not seek the floor.

Rule 7. The strangle hold, which can seldom be used successfully in an upstanding position, is also barred, as it is useless when the wrestlers are on the floor as a means of securing a pin fall (viz., two shoulders down at the same time), but it is resorted to with the view of rendering an opponent unconscious while he is, in most cases, lying on the mat face downwards on the floor.

Rule 8. A wrestler is not allowed to get his rival's head in chancery and hold it there so as to choke him, and although not forbidden to take a head hold, his remaining in that position without trying to throw his man is foul and merits disqualification.

Rule 9. The hammer-lock, which is usually applied when the combatants are on the floor or mat, is barred, as it is merely a vehicle for maiming the opposition, and legitimate wrestling was never established with that object. Besides, it is a brutal act for a competitor to attempt to injure an opponent when both are supposed, or should be, struggling for the mastery alone.

Rule 10. Butting, sometimes resorted to in Japanese wrestling, is barred, being simply a relic of barbarism.

Rule 11. When a contest is proceeding, should the wrestlers get beyond the boundary of the ring, or should one shoulder of one of the contending parties be off the mat or carpet, the referee shall separate them and place the men in the same position in which they left off. But should a competitor deliberately roll himself off the mat or crawl off, which is sometimes done, with the object of securing a rest, he shall be cautioned twice, and if repeated disqualification shall ensue.

Rule 12. Should the referee be proved prejudiced, the promoters, or those interested in the match, can dispense with him and agree upon another official. When a new referee has been appointed during a contest, the wrestlers must commence afresh as if nothing had taken place previously.

Rule 13. When a match is not concluded on the day appointed, the referee shall order the combatants to meet again and re-commence wrestling at the same time and place every day (except Sunday) until a decision is arrived at. When the men have agreed to wrestle at a certain weight, they shall re-weigh at each meeting, a provision which prevents the man who has had to reduce himself putting on flesh and thus securing an advantage over his opponent.

Rule 14. It shall be unfair for one competitor to pick up his opponent and throw him off the mat—*i.e.*, on any unpadded part of the floor or stage, and a repetition shall bring disqualification.

Rule 15. In former times 15 minutes' rest was allowed between each fall, but in the present day 10 minutes is considered sufficient. The competitors shall be allowed one seconder each, who must not be changed during the contest. A seconder is not allowed to touch his own or his opponent's man while wrestling. One referee is sufficient to decide a match in the catch-as-catch-can style. More than one judge only defeats the object in view, viz., justice to the contending parties.

# Health and Environment.

## Sir William Church on Education and Physique.

* * *

SIR WM. CHURCH, of London, ex-president of the Royal College of Physicians, recently delivered the inaugural address at the annual meeting of the York Medical Society, taking as his subject "Medicine—past, present, and future."

In the course of his paper the speaker said that impaired health was most frequently not due to the presence of malevolent agents, but to the conditions under which we live interfering with the normal action of our body and its organs. We, like other living beings, were acted on by our environments, and the importance of this fact had been too often overlooked. Hence it was that there was nothing connected with human life which had not to be taken into consideration by the physician. Hippocratic medicine was founded upon a consideration of these conditions of life, and the neglect of them during the less enlightened ages had been the cause of endless misery and waste of human life which, we trusted, our modern sanitary legislation would mitigate, if it could not altogether prevent. Touching upon the work of Jenner in reference to small-pox, he remarked that it was ignorance of what small-pox was like that was the chief strength of the anti-vaccinist today. Dealing with the future, Sir Wm. Church said that it was in connection with preventive medicine that we looked for the greater progress. The most striking progress which medicine had made had been in connection with diseased conditions dependent on the presence of invisible enemies. But there still remained a vast residuum of what he might call enfeebled health, due either to constitutional weakness or the result of the environment surrounding us. He did not attempt to discuss the opinion freely expressed in the newspapers that the physique of the nation was progressively deteriorating, for to his mind we had not exact enough data for forming any definite conclusion. Two of the most important changes bearing on the question were the great proportionate increase of the urban over the rural population, and the effect of compulsory education on the masses. While he believed that the disadvantages under which an urban population lived were, so far as the mere fact of living in a city apart from the habits acquired, often exaggerated, it was very questionable that they had not the same share as the rural population of the two essentials for healthy life—fresh air and sunshine. Much more could be done by the public authority than was at present enforced to prevent the obstruction to light and air which existed in our cities. "Unfortunately, too," Sir William proceeded, "many of those who make our municipal by-laws have directly or indirectly a pecuniary interest in these vital questions. The value of land in our commercial centres causes owners to cover the ground as thickly as the by-laws of the municipalities allow, and to run up their buildings to the extreme limits of height allowed, so that we are reproducing in our towns some of the

sanitary evils of mediæval times. Fresh air and sunlight are the most potent opponents to disease-bearing germs, yet we see daily huge blocks and artizan buildings, and flats for the richer classes, being built round central courts into which neither sunshine nor the winds of heaven can enter; buildings which would be uninhabitable were it not for our modern mechanical appliances, water under pressure, electricity, etc., which enables the inhabitants of these modern monstrosities to dispense with the labour of carrying by hand water and other necessaries of life to those unreasonable heights. It is rather to an improvement in the habits of our poor, both in town and country, than to municipal laws, that we must look for a bettering of their condition of life, and for those improved habits we must trust to education. On the subject of education he went on to say that where compulsory education became the law of the land our educational authorities entirely overlooked the dependence of the mind on the body, and that the education of the body was of equal or even greater importance than that of the mind for the welfare of the nation. While he admitted that compulsory education had been of inestimable benefit on the whole, it was equally true that on certain portions of the population it had been a factor in producing a change in their habits which had a prejudicial effect on their domestic life, and consequently on their health. The most serious problem of the present day to sanitarians was the high rate of infant mortality. At first sight there appeared no connection between education and infant mortality, but he had no doubt there was. Formerly the elder girls in a family had a thorough training by their mothers in the management of their home, such as it might be, and in the care of the younger children. Now they are at school until fourteen, and when they leave have at once to go to work, often in factories. They marry, knowing nothing of how to make a comfortable home, or how to make the most of their means, either in the way of food or household necessaries, and are completely ignorant of how to attend the baby which commonly follows. A knowledge of housekeeping according to the position in which it is likely they will be placed should be a first essential in the education of girls. The foster-mothers of our grandmothers' day were now out of fashion, but he feared the infants came off worse to-day; highly advertised prepared foods and humanised milk were but poor substitutes for their proper nourishment." Sir William quoted with approval the researches of Dr. Hall, of Leeds, into the comparative healthiness of Jew and Gentile children, and said, "fashion and what are called the claims of society among the well to-do, and the desire to add to the scanty earnings of the family by recommencing work as soon as possible after childbirth among the poor, are the main causes of this unnatural treatment of our infants." In conclusion, the lecturer observed that he had attempted to show that not in a profusion of medicines advertised to cure all disorders, but in a return to the old Hippocratic principles of studying diet and regimen, the air we breathe, the water we drink, the site we dwell on, and the way we exercise our bodies as well as our minds, lay the true principles for procuring our individual and our national health.

# Meals for School Children.

* * *

AT the recent Conference of Women Workers of Great Britain and Ireland, held at Birmingham, several subjects were discussed of interest to physical culturists. Regarding the question of the feeding of school children, Miss Honnor Morten declared that free food ought to have come before free education, for the result of trying to teach starving children was that, whereas in 1895 there were 500 mentally defective children in London schools, there were now nearly 4,000, and over 1,000 imbecile children in asylums. The cost of free food should come from the national coffers, municipal rates being already sufficiently heavy. Glasgow fed 150 children under fourteen for sixteen pence per head per week. A shilling a week should provide a mug of hot milk and roll and butter for breakfast, and a good two-course dinner. In London, taking half the average attendance at Lady Day, 1904, as 350,000, and allowing a shilling a week for forty-five weeks, they got an expenditure of about £700,000, as against £3,700,000 now expended on education. It would cost £2 5s. per annum so to feed a child that it could profit by its lessons, whereas it now cost £23 15s. to attempt to teach a child what it was unable to learn. We wasted the £23 in order to save the £2, and filled our asylums with lunatics and imbeciles, who cost £30 a year for life. Had we a nice, motherly housekeeper as Home Secretary, we should not indulge in such bad economy as this. Ministers of every denomination were going on education committees to fight about the children's souls, but who went on to fight for the feeding of their bodies?

Miss Margaret Horn, while agreeing that many children in elementary schools were insufficiently nourished, argued that the child should be dealt with through the family. It was not lack of food from which children suffered, but wrong food, bad housing and ventilation, want of personal cleanliness, irregularity of habits, insufficient sleep, and lack of self-control. Intentional cruelty on the part of parents was rare, but ignorance was everywhere. In visiting the homes of children fed at school she noted that there was plenty of food of a kind which could have been made into dinners. Many parents asked for dinner tickets simply because a system of lavish doles had for some time existed at the school, and they had got into the habit of doing it. Some dinners were more popular than others. Soup days were avoided, unless some adult at home had a special liking for it. The feeding question was the least part of the problem. The radical cure lay in careful and sympathetic visiting by women in the homes. She would endeavour to improve the condition of the children, not by wholesale feeding, but by teaching the women how to bring up their infants from birth. They did not wish to make it more easy for the mother to spend her time gossiping, nor to let the money go to the public-house which should be spent in feeding the children.

On resuming her seat Miss Horn was loudly cheered, and the subsequent

discussion clearly showed that the sympathies of the majority were against free food. One lady pertinently asked what was being done in the schools to prevent the girls becoming as careless and ignorant as their mothers. Another inquired whether they were prepared to see the State regulating marriages? It was pointed out, amid approving cheers, that the proper feeding of children before school age was equally if not more important, and the general feeling was that the remedy lay in getting at the root of the matter by educating the mothers.

The president said that although their instincts naturally prompted them to support free food, they felt that it was unjust to make the heavily-burdened lower middle class and the hard-working artizan pay for the thriftless and the improvident.

Miss Morten, who avowed her conviction that free food was bound to come, expressed regret at the tone of the speech from the chair, whose occupant was supposed to be impartial. This remark evoked hisses and cries of dissent, and Mrs. Cadbury was cheered when she stated that the chairman was allowed to have an opinion when no vote was to be taken.

"The teaching of the simpler rules of health and temperance in elementary and secondary schools," was the subject of a paper read by Dr. Bulkeley Hyslop, of London. The speaker remarked that as a nation we were becoming extraordinarily solicitous as to our bodily welfare. How many people nowadays, when they rose in the morning, omitted to look in the mirror to satisfy themselves that they had a look of health? At the slightest indication of a bilious hue or furring of the tongue they ran to the cupboard and resorted to the use of one of the numerous remedies they had accumulated. Columns of the newspapers were devoted to the symptoms of disease and infallibility of nostrums. From his experience as a physician, he believed people, as a whole, to be absurdly timid. The acquisition of a pseudo-knowledge of their own bodily functions had made them almost afraid to live. Therefore he believed the syllabus of instruction recently suggested by the medical faculty was far too extensive, and likely, if applied to children, to defeat its own object. It was to habit rather than knowledge that attention should be paid in early years. To mothers were given opportunities of imparting habits of mind and body which far exceeded in power the influence of Church, State, or Medicine. Habits of cleanliness, temperance in eating and drinking, all the factors comprised in the term hygiene, should be part of the development of the child. When children reached the age of twelve or thirteen, class-room demonstrations on hygiene and temperance might be necessary, and for that the teachers should be thoroughly equipped. The time had come for bringing their united strength to bear on the problem of health. The object of instruction in hygiene and temperance was to teach people how to live and not to make them quacks. Children should be taught not to be afraid of life.

# British Sportsmen of Bygone Days.

## I.—SQUIRE OSBALDESTON.

OF all the names which have hitherto helped to adorn the glorious annals of British sport, there are few, indeed, which can be said to have so justly merited the pride of their countrymen as that of George Osbaldeston. Although four decades have passed away since the death of this remarkable man, his fame is nevertheless almost as fresh to-day as it was in the days when his wonderful feats of endurance thrilled the whole manhood of his country with a sense of the glory of physical strength. And the reason is not far to seek. For Osbaldeston was not merely a sportsman in the sense in which that much-abused term is nowadays employed; he was essentially a gentleman, and one who preserved the best traditions of his race. An emblem of those sturdy qualities which the pages of history have unmistakably revealed as the key-note of our national supremacy, no fitter tribute could have been paid to his character than was done when a well-known writer said that had Osbaldeston chosen the Army as a career, he would have ranked with the greatest generals that have ever lived—such strength and grit had he.

Born in 1787, Osbaldeston came of an old Yorkshire family, some of whose representatives had, at an earlier period of history, figured prominently in the Church. Although born in London, where his mother had proceeded a short time previous to her confinement, "Georgie," as the future squire was called, was always imbued with a deep feeling of pride at his Yorkshire origin.

When the future sportsman was a little over six, the death of his father led to the removal of the family to Bath. Here it was that young Osbaldeston received the first elements of education—an education which included lessons under Dash, the most famous riding-master of his day. Even at that time he showed signs of that riding ability which in after life won him a world-wide reputation, and, according to tradition, it was Dash's invariable custom, whenever he wished to demonstrate the efficiency of his system, to mount Georgie on "something smart."

After residing with his mother for some years, our hero proceeded to Eton. Whilst there he soon came to be regarded as a second Crichton. At every branch of athletics he completely outshone his schoolmates, and it is said that whenever a Windsor boy won a fighting reputation, Georgie was always selected as the Eton representative to dispose of it.

After leaving Eton and being privately coached by Dr. Carr, the Vicar of Brighton, Osbaldeston next proceeded to Oxford, where in 1805 he matriculated at Brasenose. It was whilst there that he started his career as a master of hounds by purchasing the Earl of Jersey's pack. With these he hunted the family estate at Hulton-Bushell in Yorkshire, and so great was the popularity which his daring and sportsmanlike qualities won him locally, that it was regarded as quite a calamity when, some time after his quitting the University, he and his mother left Yorkshire to take up their abode at the Palace at Lincoln.

Soon after this change of residence, "the Squire," as he was familiarly known as, purchased Lord Monson's hounds, with which for the next five years he hunted the Burton country. Subsequent to this he hunted Jack Munster's country in Nottinghamshire, afterwards becoming master of the Atherstone. After several successful seasons in Derbyshire and Staffordshire, the Squire in 1817 succeeded Mr. Assheton Smith to the mastership of the Quorn hounds. By this time his fame, not only as a fox-hunter but as an all-round sportsman, had spread throughout the country. His versatility was astonishing. Everything he undertook he succeeded at. Fox-hunting and shooting, angling and cricket, billiards and sprinting,

all came within the range of his activities, and all with uniform success.

After following the Quorn hounds—off and on—for over eleven years, Osbaldeston became master of the Pytchley, and it was as such that he accomplished some of his greatest feats of endurance. During this portion of his career he, for several seasons, hunted the Thurlow country in Suffolk, when it was his custom to meet the hounds on alternate mornings after travelling all night—and that at a time when the discomforts of road-travelling were very much greater than what they are nowadays. As proof of the remarkable staying-power which the Squire possessed, one of the numerous feats which he at this time performed is worthy of mention. Having three good runs before him, and wishing to go to a ball at Cambridge, he first rode to Northampton, then hacked it to Cambridge, danced all night, and rode back to Sulby Hall—a distance of sixty miles—hunted the same day, killing a brace of foxes, and rode fourteen miles home to dinner, never having closed an eye for two nights and a day.

It was in 1831 that the whole sporting world was startled by the announcement that Osbaldeston had undertaken to ride 200 miles in ten hours. The origin of this affair was a bet for £1,000 between the Squire and General Charritie. The number and choice of horses were unlimited. The event came off at the Newmarket Houghton meeting, when Osbaldeston actually covered the distance in 7 hrs. 10 mins. 4 secs. The plan which he adopted for the occasion was that of changing horses, of which he altogether employed twenty-eight, at the conclusion of each four miles.

In accordance with all precedent, there was a number of easy-chair critics who were unable to see anything extraordinary in the performance, but these were promptly silenced by the following challenge which the Squire issued: "I challenge any man in the world, of my age, weighing or carrying my weight, to ride any distance he prefers from 200 to 500 miles, for £20,000; but, if he will only ride 200 or 250 miles, I will ride him for £10,000. Or I will ride against the jockey of 7 st. whom they talk of backing to ride 200 miles in 8 hours, receiving 30 minutes' start for the difference between 7 st. and 11 st. Or I'll take £10,000 to £3,000, or £20,000 to £6,000 that I ride 200 miles in 8 hours, which, it must be allowed, would be a wonderful performance for 11 st. odd, and I think almost impossible; at least, a single accident would lose me the match, and I should scarcely have time to mount and dismount."

It was in the same year as he accomplished his great riding feat that Osbaldeston's name became prominent before the public in quite another direction. The occasion was his historic duel with Lord George Bentinck, an affair which originated in a bet of two hundred guineas, claimed by the Squire and paid by Bentinck, with the remark that it was "a robbery." A meeting was arranged on Wormwood Scrubbs, and Osbaldeston is variously described as having fired in the air and as having sent a bullet through Bentinck's hat, within two inches of his brain. Later in life the antagonists were reconciled, and Lord George is said to have afterwards held Osbaldeston in great esteem. With regard to Bentinck's imputation, it is interesting to note Day's opinion that "no one who ever knew the Squire would imagine for a moment that he was capable of doing anything approaching an ungentlemanly action."

In addition to his sporting activities, Osbaldeston, during his career, took a considerable part in public life. From 1812 to 1818 he represented East Retford, and in 1829 was high sheriff of his county, for the East Riding, of which he was also J.P.

On his retirement from the Pytchley, the Squire was presented by his friends with a splendid snuffbox, which bore the inscription:—"To the best sportsman of any age or country."

His death, which occurred on 1 Aug., 1866, at his residence at St. John's Wood, was the occasion of much regret throughout the country, and the consideration which the event received in the press at the time only served to show how widespread was the respect in which he was held.

# THE WINTER CLUB.

## A NEW OLYMPIA SCHEME.

* * *

BEFORE the end of the present year Olympia will be opened to the public under an enterprising management, Mr. Edwin Cleary, who conducted that successful show, "Savage South Africa," having taken the big building on a five years' lease. Entertainments on an imposing and attractive scale are promised, and in connection with the new management it has been decided to institute a club which, while being distinct from the authorities governing the building and the public entertainments, will provide access to all that is going on during the hours of performances, and at other times will give to its members the use of the huge hall for the purposes of games. This new club has been called "The Winter Club." The objects for which it has been promoted may be said to be unique, and if only half of the projected programme be realised there seems no reason why the new concern should not flourish exceedingly. In many respects it will resemble the Welcome Club, run in connection with the Earl's Court annual exhibitions, but the functions and uses of the Winter Club will considerably outrun those of the organization alluded to. It will provide an opportunity for taking part in all sorts of sports and games under cover during the winter; hence its title. The preliminary notice to prospective members points out that the immense area of Olympia—some 65,000 square feet—will be covered with a grass carpet, with a surface equal in all respects to that of a well-mown lawn. This arena will be open for the exclusive use of members of the club at all times except when it is required for public performances. Here are some of the games to be indulged in by the members: Croquet, lawn tennis, football, running, jumping, bicycle polo, putting, bowls, hockey, pelota, squash racquets, a Morris tube bicycle range, cricket practice nets, etc.

Much interest must necessarily attach to the artificial grass carpet, which is said to equal the properties of a well-mown lawn. We saw a sample of it at the offices of the secretary of the club (Mr. A. E. Manning-Foster), and certainly it is the cleverest substitute yet produced for natural turf. It will be laid in 30-feet squares on the concrete floor of Olympia,

and experiments have proved that a splendid surface can be obtained from rolling. In this way the facilities for croquet—a pastime which is booming wonderfully—lawn tennis, putting, cricket, and other games which demand a smooth turf surface will be most admirably met. The grass carpet is being manufactured in a Lancashire village to the order of Messrs. Harrod's, of London, and is costing £500 to produce. As further explaining the objects of the Winter Club, it may be stated that the special club premises will contain large dining rooms, theatre, dressing rooms, baths, billiards, and card rooms, and a balcony, 460 feet long, overlooking the arena. The circular referred to states: "From the club premises and balcony members will obtain the finest possible view of the public sporting performances, which will be given every evening and on occasional matinées in the great arena. The management of Olympia have arranged for the season a varied and interesting programme of sporting events. Matches will be held between the Olympia's football teams, the members of which have been selected from the best players in Great Britain. Whippet races, jumping, fencing, wrestling contests, and many other attractions will also be provided from time to time. Members of the club will, therefore, not only have the opportunity of taking part in their own favourite games and sports under the pleasantest conditions, but will be able to see in the evenings the most interesting contests the professional sporting world affords without charge." There are to be Sunday concerts, while for all this the annual subscription is to be: Gentlemen, £5 5s.; ladies, £3 3s. It may be thought that the subscription is excessive in amount, but the organisers point out that, besides the ordinary advantages of membership, members are enabled to witness the whole of the Olympia public performances without further charge. The club will be elected by the committee. Both ladies and gentlemen are eligible, and the qualifications will be those that obtain in the recognised London clubs. Candidates who are already members of any of the recognised sporting or social clubs will be eligible for election without ballot. Other candidates must be proposed and seconded by members, or, in the case of original members, must supply the names of two social references.

The organisers are to be congratulated on their preliminary list of gentlemen who will serve on the committee. It includes the names of the Earl of Kilmorey, the Earl of Warwick, Viscount Hayashi (Japanese Ambassador), Lord Hawke (captain of the Yorkshire County Cricket team), Lord Rosmead, Sir James Home, Bart., Sir Charles Euan-Smith, K.C.B., Sir Arthur Conan Doyle, Lieut.-Col. W. R. Murphy, D.S.O., the Earl of Kinnoull, Lord Alverstone (Lord Chief Justice), Lieut.-Col. the Hon. H. Needham, Sir James Duke, Bart., Sir Arthur Lucas, Bart., Lieut.-Col. Newnham-Davis, Mr. Arthur Bourchier, Mr. C. B. Fry, Mr. George Hillyard, Mr. Leo Trevor, Mr. H. D. Leveson-Gower, Mr. Edwin Cleary, Mr. Moreton Frewen, and the secretary (Mr. Manning-Foster).

# Health Advice in Short Pars.

By Professor Edward B. Warman,

*A well-known United States Health Expert.*

Take Nothing for an Appetiser.

Rye is very nutritious, but not so digestible as wheat.

The Black Specks are due to a disordered stomach or liver.

All Manicures will tell you it is better for the nails if you file them instead of cutting them.

Pure Toilet Soaps are, indeed, very rare. However, there are a few such to be found.

A Rubber Comb is less harsh. Avoid metal combs and metal brushes.

The Parched, drawn condition of the skin is due to lack of natural oil. Use a good skin food.

The Requirements of health are few. The rewards many. Good air, good food, exercise, cleanliness, rest and suitable clothing.

The Weeping Sinew may be removed by tapping it with the fingers and using slight pressure on it and around it occasionally.

Heavy Bed Clothing does not allow the proper radiation of heat from the body, and restlessness is the result. Give the body a chance to breathe.

Feather Pillows are more heating than is desirable for comfort or health. The head cool and the feet warm is a trite saying.

Dandruff, in many cases, may be destroyed by rubbing a cut lemon into the roots of the hair as frequently as the case may demand.

Tired Feet may be quickly rested and greatly benefited by bathing them in warm water and then sponging them or rubbing them with alcohol.

For Tender Feet I would advise the use of footwear made with specially prepared soles, low heels, soft, pliable uppers.

All Cereals containing much starch require thorough mixing of the saliva before deglutition (swallowing) in order that the starch may be properly acted upon, otherwise the pastelike substance coats the lining of the stomach and prevents the flow of the gastric juice.

Barley contains almost as much nutriment as wheat, but has more fat and salts and less proteids and carbohydrates.

One Who is Ill should not be forced to eat. Give the stomach a rest. The brain, in this case, draws upon the fatty tissues of the body when there is a shortage in the region of the stomach.

Large Pores are caused by an inactive skin and lack of attention. Use only pure soap on the face, cleanse thoroughly, and then apply a good cream or skin food.

By Internal Baths I mean the drinking of quantities of cold water and the use of hot water as an enema. No, the services of a physician are not required.

Oats contain all the nutrient properties, but not in so well balanced proportions as in wheat. Oatmeal should be thoroughly cooked to open the starch cells, else it is indigestible.

The Use of any Drug to produce sleep is injurious. It does not remove the cause. "Only eight or ten grains?" Beware! Only eight or ten grains now may mean eighteen or twenty by-and-by.

A Cold Water Bath in a cold or cool room is a luxury to one having sufficient vitality for reaction. The use of cold water in a warm room is to be recommended in preference to the use of warm water in a cold room.

Excessive Blood in the face is due to sluggish circulation. Do not think that you have too much blood. Exercise the muscles of the arms, legs, and abdomen,

and thus draw the excess of blood from the congested parts.

Sugar is useful in warm weather or in warm climates, as it supplies energy in the body without the overheating effects of large quantities of fat. It is more readily assimilated than starch, fats or oils.

All Depilatories are not harmless. However, take nothing without personal testimony from a friend or acquaintance. No one but the manufacturers know the ingredients. If so, greater caution would be used.

Consumptives require fresh air (day and night), wholesome food and exercise. Those are the only curative agents. The body should be bared to the sun's rays at least one hour every day. Woollen underwear should not be worn summer or winter.

Fresh Fruits are suitable to serve at breakfast, but should come at the end of the meal rather than at the beginning, as the acid they contain retards the action of the saliva on starchy foods. Taken at the end of the meal they are healthful and refreshing.

Wheat holds first rank as a cereal on account of its nutritious value and the fact that it not only contains food for every part of the body, but the properties are in almost the correct proportions; but this is only when the entire wheat kernel is used.

Rice contains the most starch (about 75 per cent.), but in a readily digested form, and when well cooked forms an excellent food for infants and children. However, for adults, it should not be eaten alone, but with food rich in nitrogenous matter.

Lettuce contains a large proportion of water, but is rich in the mineral salts; therefore it is a cooling, diluting fluid, blood building, bone and brain renewing. It contains some cellulose, which, though indigestible, assists in the eliminating processes.

An Outing by the busiest business man would never be needed if he exercised daily and regularly and lived hygienically. An outing is a pleasurable change for those that can afford it, but a week or even a month once a year will not atone for the weeks and months of sinning against the body the rest of the year.

Cornmeal is quite easily digested. It contains more fat than wheat, but is deficient in salts.

Good Health and strong constitutions should be bequeathed by parents to their children. The duty of children to parents is no greater than the duty of parents to children. A knowledge of natural laws is absolutely necessary for a foundation of perfect health.

An Oily Complexion is due to the class of foods put into the stomach. Fruits, lean meats, green vegetables and plain foods will greatly aid in obtaining a clear skin. While watching the foe from without (proper cleansing and proper care), do not lose sight of the foe from within.

Filtered Water must not be confounded with distilled water. While it removes the filth and sewage, it does not remove nor destroy the disease germs nor diminish the lime and poisonous matters in solution. The two most dangerous elements in water (bacteria and lime) are not removed by filtering the water.

Boiling the Water, on the other hand, kills many of the disease germs, but does not remove the filth and sewage, but, instead, increases the waste matter by the carcases of millions of microbes. Nor does boiling the water drive off the mineral or salts held in solution (the lime, magnesium and other minerals) which, taken into the system, cause stiffness of the joints and calcareous deposits in the arteries.

Distilled Water bathes the living tissues, snatches up obstructions to growth and activity, eliminates poisons and gives to the body the freshness and vigour of youth. It cannot abstract any formed matter from living tissue, but invigorates and energises it by removing waste matter, which, in the very nature of things, obstructs healthful activity and development. It is one of the most powerful solvents, acting directly upon the calcareous deposits left in the arteries and joints by the use of poisonous raw water heavily impregnated with lime, thus dissolving and eliminating it from the

system, often resulting in the cure of chronic cases of rheumatism. Health and long life must necessarily follow its free and continued use.

The Palms and Finger Tips become roughened, and finger tips cracked open because of unusual dryness of the skin in cold weather. If lacking in natural oil use a substitute at night—a good cream prepared for that purpose.

Fruit for Gout? It has long been a mooted question. One medical man says, "don't"; while an eminent authority declares that he has frequently cured gout with grapes and oranges. Therefore, advises his patients to eat plentifully of fresh, ripe, uncooked fruit. There is little doubt in my own mind as to the efficacy of fruit in this connection, but gouty patients should be cautioned as to over-indulgence in a fruit diet in consequence of gouty headaches that sometimes result. This is an example of where each one should be a law unto himself.

Skimmed Milk, as a food, is not generally appreciated. Two quarts of skimmed milk has a greater nutritive value than a quart of oysters. The nutriment, in the form of oysters, would cost from eight to ten times as much as the milk. Skim-milk has nearly all the protein of the whole milk. By the removal of the fat in the cream it loses half its fuel value, but practically none of the protein. What is left has all the value of the whole milk for building and the repair of tissue for the making of muscle and blood and bone, and half the value of whole milk of supplying heat and muscular power.

Alcohol as a Medicine? Look through the following list of physical disturbances and you are quite likely to meet your cases. Then accept the judgment of leading physicians, as gathered by the *Irish League Journal*:—

A.—I must have a drop because my blood is poor.

Alcohol injures the blood (Dr. Norman Kerr).

B.—I suffer from indigestion.

Alcohol retards digestion (Dr. Bowman).

C.—I have had brain fever and I need it.

Alcohol is the brain workers' worst enemy (Sir Henry Thompson).

D.—I take a little because I am nervous.

Alcohol paralyses the nervous system (Dr. Brunton).

E.—I take it for my liver.

Alcohol hardens the liver (Dr. Norman Kerr).

F.—I take it as aid to kidney disease.

Alcohol destroys the kidneys (Dr. Norman Kerr).

G.—I am weak and need something to strengthen my muscles.

Alcohol, in its action, lessens muscular power (Sir B. Richardson).

H.—I work in the cold and use alcohol to warm me.

Alcohol is the more injurious the greater the cold (Dr. John Rae).

I.—Not getting enough food I take alcohol as nourishment.

Alcohol furnishes no support to the body (Dr. J. C. Reid).

J.—I take alcohol when I must undergo an operation.

Alcohol makes all classes of operations worse (Dr. Bantock).

K.—Having a babe to nurse I take stout.

Alcohol or stout does not make better nursing (Dr. Heywood Smith).

L.—I take it when depressed.

Alcohol itself is a depressor, and therefore a delusion (Dr. Wilkes).

M.—When "run down," I take it to build me up.

Alcohol is unrivalled as a degenerator (The London *Lancet*).

N.—I take it for a weak heart.

Alcohol I never use in those cases; hot milk is better (Dr. Sims Woodhead).

O.—I am forced to take it, having a complication of complaints.

Alcohol is a most destructive agent to every organ and tissue of the body, either in a state of health or disease (Dr. Dickinson, Canada).

P.—I use it as a preservative.

Alcohol will preserve a dead man by putting him in it; will kill a live man by putting it in him (Dr. Guthrie).

And so this might be carried on to the end of the alphabet, but enough is given to set one thinking; not only to think but to act in accordance therewith.

My advice is to start NOW--TO-DAY; to-morrow never comes.—EUGEN SANDOW.

# The Value of Comradeship.

By W. R. C. LATSON.

* * *

THE greatest work of man is man. Man, by working in combination with other men, has produced many wonderful things—printing presses and skyscrapers, ocean liners and flying machines, financial systems and Gatling guns—things goodly and things deadly. But of all the things produced by man the greatest is man himself.

For man, as we know him to-day, has been made by other men. How? Through their friction, their friendliness, their comradeship. Can we imagine a man born into a country in which there were no other men—a man with never an opponent to stimulate him, a crowd to applaud or a friend to flatter? Could a man become a man without the help of other men—without comradeship? The answer is plain. He could not. Each man is, to a great degree, formed by the influence of other men. Man has three creators—his God, himself and his fellow men. God gives to man his body and his mind; man and his fellows working together mould body and mind into form and character.

In the development of man's individual nature the strongest factor is comradeship—the influence of his fellows. Proper comradeship makes him healthy, active, intellectual, refined, dominating. Negative comradeship makes him sickly, indolent, stupid, brutish, vacillating. Few, even among the thoughtful class, realise the stupendous influence of comradeship in forming character, in forming men. We are firmly convinced that, by intelligent co-operation and inspiring comradeship, the men and women in the world to-day could produce a race of superior beings, and we firmly believe that some day it will be done.

But, meantime, until the world shall awaken to its privilege there is no reason why this stupendous power of comradeship should not be utilised by individuals toward their own development, bodily, mental, and spiritual.

A stupendous power is comradeship, either to uplift or to depress, to develop or to destroy. And the more sensitive and refined the person, the more easily is he or she influenced either for good or evil. One of the most important matters in life is the choice of one's companions, the influence by which one is surrounded. They are the food of his mind; and his mind determines the bodily condition. One may so choose his companions as to make daily gain in health, energy, beauty, and intellect—as to convert himself, herself, from weakness, dulness, ugliness, and ignorance, into strength, brilliancy, beauty, and wisdom. Our choice of companions makes us—or unmakes us.

Health depends upon many things—upon dietetic habits, upon exercise, upon bathing, and so on. But these, in turn, all depend upon one thing—one's mind. What one does depends upon how one thinks, and how one thinks is dependent, to a very large extent, upon the companions by whom he is surrounded.

For instance, a man knowing little of his own body may, by cultivating the people who think and work along lines of physical care and culture, soon obtain a fair practical knowledge of the subject in which he is interested. There are clubs for the study of diet, hygiene, physical exercise, and various other subjects of cognate import, lectures, and literature. Literature forms an especially valuable kind of companionship for the man or woman who seeks information and

inspiration. But it is important that the books or periodicals be wisely chosen—that the authors of the works studied shall be competent authorities in their line, and not uninformed enthusiasts. The radical and extreme views on diet, exercise, bathing, and mental habits advocated by many who pose as teachers on these lines have done, and are destined to do, great harm. It may be asked what test has the student as to the reliability of the literature presented to him along this line? How can he select the best literary companionship? Only by confining himself to the signed writings of those who are recognised by the world of science as authorities in their line. Teachings by such men and women may not be correct, but they are more likely to be so than the writings of the irresponsible people who are unknown and unrecognised.

Conversation with well-informed and well-educated people is a form of companionship that is both helpful and inspiring. It is a good rule always to lead the talk in the direction in which the comrade has had best opportunities for informing himself. The other man should be encouraged to talk about that which he knows best.

Again, example is a most valuable and important feature of companionship. To surround oneself with healthy, intelligent, high-principled people is to absolutely ensure that one's own mind and body will grow more like theirs. To seek the society of the despondent, ignorant, and unambitious is to endanger one's own nature both physical and mental. If a dozen people say to you that you are looking pale, that you must be ill, that you are going to fail, etc., etc., you are, by the mere hearing of the words, so much nearer weakness, illness, and failure. If a dozen people tell you that you are looking well and strong, that you are bound to succeed, that you are a fine fellow anyway, then you are just so much better, stronger, more successful. Many a child has been ruined for life by being scolded. To say "you are a bad boy" is to produce a bad boy. And we, who call ourselves adults, are only grown-up boys and girls. Every remark in life is, in a certain sense, a prophecy. And the people who think good thoughts, who say good things of others—these people are actually creators of better men and better women.

If the selection of one's comrades is so important, it follows, of course, that the selection of one's intimate friends, of wife, of husband, is of still greater influence upon the life. Particularly is this true of the married relation. That a man is ruined by a nagging wife, that a woman's soul is for life silenced by an unsympathetic husband are not evidences of weakness in either—rather of that firmness, that responsiveness without which no great work could have been done. In such cases the people are not, necessarily, either of them, unworthy; they are simply out of tune. The wife of Rousseau would have made a splendid mate for a Parisian "cabby," and, in spite of her distaste for poetry, Lady Byron was rather an agreeable person.

The history of the world has given us a few instances of what a true conjugal relation may mean. There have been more than those of which we know. The greatest love letters have not been published. The rarest lives, like the rarest flowers, have remained in obscurity, unobserved, unpublished, content.

In the choice of casual companions a little tact will not come amiss. A man may be a splendid comrade for a cross-country run, but make untuneful discord at a symphony concert. A girl may be a joy for ever in a discussion of Emerson, but be quite a failure on the tennis field. To one we go for information, to another for amusement, to another (the rarest of all) for rest.

And so, you see, not only have men made man, but the process is still going on. Let it go on and help men to another and a better man or woman. Nor is that all. We have seen only half the picture. To seek inspiring friends is wise, but to be an inspiring friend is great. And, in fact, to have a true friend you must be a true friend. For this is a world of give and take, and he gets most who gives most. "What I spent I had," said the dying man. "What I saved I lose, what I gave I have."

# Attacked by Lions.

## One of my Pupils has a Narrow Escape.

EVERY day I receive letters from my readers and pupils. Some days I get so many that I feel like the father of a huge family with so many claims upon me for sympathy and advice. Needless to say, I am always pleased to hear from readers, and am warmly interested in their affairs.

I frequently hear about my readers indirectly. For instance, I have just read a cutting from an Eastbourne newspaper, giving an account of a wonderful adventure of one of my pupils in the far-away wilds of Central Africa.

I am sure my readers will look forward with me to an account of his complete recovery, and perhaps a note from the gallant captain himself, in a future issue of the magazine.

SIR,—I expect a good many of your readers will read with interest the following account of a wonderful adventure of an Eastbournian in the wilds of Africa. Captain Stigand is well known here, having studied here, and spent much time in the house of his mother in Grange Gardens. It would, of course, have been impossible for him to survive, had not the lion been mortally wounded. But it is not unlikely that his studies under Sandow, of which he once gave a specimen in our Town Hall, enabled him to put forth his strength to the best advantage. He must, however, have done his part wonderfully well; and as it is essential to clear that part of the world of its wild beasts, we can afford both to admire the hunter's courage, and to spare a little sincere sympathy for the slain lions. Private letters have now confirmed the following story:—

A correspondent of the *Daily Graphic* wrote on September 20 the following account of the excitement at Nairobi, over the marvellous escape of a British officer from a lion. "Captain C. S. Stigand, of the West Kent, and now second under the Foreign Office to the 1st Battalion of the King's African Rifles, had previously won the fame as a 'Chickari' in British Central Africa, where he shot many varieties of game. On the transference of his native regiment to East Africa, he decided to try his skill at Simba, a lonely station on the Uganda Railway, and long famous for the vicinity of lions. In fact, the name is a Swahili translation for 'lions.' Some two hundred yards from the station a water tank marks the spoor where the lions drink at night, and on this tank Captain Stigand took up his post a few minutes after dusk, in the brilliant light of an African moon. A long wait ensued, and it was not until many hours had elapsed that a lioness made her appearance. Creeping stealthily in the rear of the tank, the brute made its way to a pool close by, and at this moment Captain Stigand fired his first shot. The effort proved successful, for with a bound and a groan the beast dashed forward, and fell, shot through the heart, stretched at full length across the railway line. A short interval only

elapsed, when a couple of lions emerged from the grass, evidently intent upon their evening drink. But their progress was checked by seeing the lioness a few yards from them, and they at once proceeded to examine the body. One of them, evidently the mate, commenced scratching at the carcase, hoping that the lioness was only asleep; and meeting with no response, set up a dismal howl, which was quickly followed by a roar from the other.

"For two hours Simba Station rang with the moaning and bellowing of these two fierce brutes, and during that time Captain Stigand lay ready at the 'present.' At length they quitted the dead body and came slowly towards the tank. The leading lion had approached within fifteen yards, when a well-directed shot caused him to bound in the midnight air. This was at once followed by a second ball, and spinning round in his agony, he reached the long grass, where he lay a huddled brown mass. The other lion watched the scene without movement. In a trice the two hundred and fifty Mannlicher was directed against him, and he was sent moaning into the cover to be found lifeless in the early morning.

"Seeing the beasts apparently dead, Captain Stigand descended from the tank and walked towards the huddled brown mass. He was only a few feet off when the worst happened. The beast rose from the grass and sprang. With a mighty roar he leaped into the air and the whole surroundings seemed hidden by his massive frame. The sight was truly a terrific one. Every hair in its body stood out, and every vein swelled with fierce anger. A shot was quickly fired, but this only increased the ferocity of the attack, and then came a scene the like of which has rarely been enacted. The lion seized the hunter's left arm, and man and beast rolled over together. With his right arm free, the gallant soldier caught his assailant by the throat and, fighting for his life, he struck the brute several times. Once again they rolled over, the lion for one moment on top and and then the man, and the fierce fight went on. At last there was an unexpected lull, and the lion, sick and wounded to death, savagely shook his victim, and then, to Captain Stigand's amazement, slunk off. All the three were found dead. This encounter was not the Captain's first with wild beasts, for a few months ago he was fiercely attacked by a rhinoceros, which tossed him several feet into the air, having deeply wounded his chest. Leaving him for dead, the beast made off, fully satisfied with the injury he had inflicted. For this attack there was no provocation.

The writer adds that Captain Stigand was then lying in the Nairobi Hospital, and received unremitting attention, while all earnestly hoped for his recovery. It is pleasant to be able to add still further that he has now arrived in England, and there is every reason to hope that he will be no worse for either adventure.

E.D.C.

# . . Are we Deteriorating ? . .

Says the *Nottingham Daily Express*: To hundreds of thousands in the United Kingdom the Colonial problem is not concerned with Preferences or Imperial Defence or an Imperial Council, but with something much more real. Mr. Seddon showed yet once again how deeply he could read into "the great heart of the people" when he declared that his fellow countrymen were following the triumphant career of the New Zealand team in England with almost greater enthusiasm than was evoked by the South African war. The "All-Blacks," as they are affectionately designated, though they are not, of course, "gentlemen of

colour," have scattered our English packs like chaff to the four winds, and the excitement is greater even than the consternation. Factories are closed, work is at a standstill, the railway companies do a roaring trade in excursion trains, wherever the "All-Blacks" take their conquering way. The Welsh revival seemed for a moment to strike a fatal blow at the popularity of football in Wales, but it may well be doubted whether Mr. Evan Roberts himself would prove a strong enough counter-attraction to draw the crowds from the football field if the New Zealanders were announced to meet Newport or Llanelly.

Inevitably the journalist with a sociological faculty, who loves to combine the portentous solemnity of Old Moore with the impressive platitudes of "Proverbial" Tupper, is beginning to utter oracular forebodings about the lost virility of a street-bred people, and the like, while the would-be military critic who, for one reason or another, is remarkably anxious, especially if he happens not to be a soldier himself, to saddle the nation with conscription, begins to shake a senile head over the fatal deterioration of national efficiency, while he rolls under his tongue with an epicure's relish Rudyard Kipling's alliterative scorn of "the flannelled fool at the wicket and the muddied oaf at the goal." The success of the New Zealanders may be due to any one of a score of causes. It may even—though that is not too likely—come to an abrupt conclusion.

But, uncertain as the text may be, it is perhaps really worth considering whether the Colonies are producing a more vigorous physical type than that of the Mother Country, and also the other question presented by the extraordinary attendances at exhibitions of football, whether of the Association or the Rugby Code. Now, it is certainly true that South Africa tends to produce a race of a larger and stronger build than the average Englishman. It may well be, too, that the other Colonies, which still maintain a far larger proportion of the community in pastoral or agricultural pursuits, produce a more robust physique than a country which has developed to such an unequal extent the city life. But the corollary that it is generally attempted to attach to this conclusion—that the Colonies are better fitted to succeed in "world competition"—we are not prepared to accept so readily. If we take military success alone, it has often been pointed out that a little man at the right end of a rifle is just as good as a giant. The world is still ruled by force, but it must be by force scientifically applied. The type which will be seen to the best advantage is not overweighted with beef and brawn, but sound, alert, wiry, and patient of intellectual as well as physical fatigue—in fact, not very far removed from the Japanese type.

This being so, is not our national devotion to athletics a stupid waste of time and energy? The answer to this must be that our normal conditions of life are so unhygienic, sedentary, and confined that considerable allowance must be made for the necessary correctives. The passive spectator, however, who is by far the most frequent unit in our collective enthusiasm for "sport," is much more open to the sarcasm of the self-appointed Laureate of the Empire. But the man who only looks on is, if he works hard all the week, better employed than he would be in reading Hall Caine or Rudyard Kipling himself in a Carnegie reading-room. He is counteracting the innumerable tendencies that make for myopia; he is taking the air and expanding his lungs; and if only he were prohibited from smoking, he would be spending an altogether profitable Saturday afternoon. True, the nation as a whole thinks and talks far too much of sport, and too little of more serious things. It is not, however, by repressing the cult of football that we can promote efficiency; but by fostering an ideal of efficiency we can modify the exclusive passion for sport.

# La Savate v. Jiu-Jitsu.

* * *

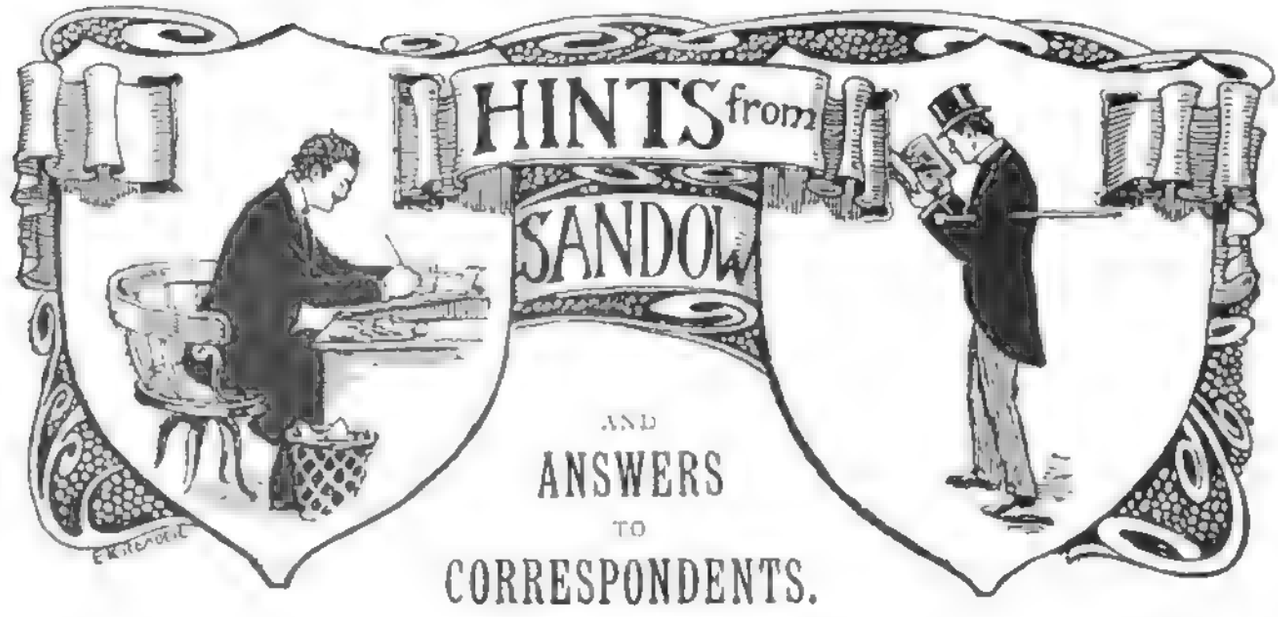
THE Paris correspondent of *The Daily Telegraph* sends the following description of a curious contest which took place on Thursday last:—

"Jiu-Jitsu, championed by a typical Southern-looking Frenchman, whose name is Régnier, but who calls himself Ré Nié, in order to appear more Japanese, has beaten French boxing, represented by a professional, Dubois, in one minute. The match, announced weeks ago, came off at last. It was trumpeted day after day to such an extent that people began to mention the word 'bluff.' It has now been fought, but it gave very poor sport. About two hundred persons gathered to watch it in a motor factory at Sresnes, among them being representatives of the Japanese Legation, several ladies, a swarm of photographers, and a police official prepared to take out a summons against either of the antagonists if he seriously damaged the other.

"The rules of the match were in some respects alarming, as they allowed every sort of blow except 'gouging the eyes out,' biting, and some other amiable practices. However, it all passed off very gently, and Dubois threw up the sponge almost at the outset. He is a well-built but small and rather spare man, reputed to be a past-master in French boxing, which includes kicking. Ré Nié is no taller, but much thicker and more muscular. I saw him in his sweater and drawers the other day, and he looked certainly powerful. This afternoon both he and his adversary wore ordinary town suits, both navy-blue, and ordinary boots—a dress which seemed strange for boxing—linen collars being, however, dispensed with.

"Champions of French boxing have for weeks been demonstrating on paper that Jiu-jitsu, whatever it may be, is no good against a kick, because the latter keeps you, so to speak, at leg's length. But the answer as regards both Jiu-jitsu and also English boxing is, of course, that the English boxer or the Jiu-jitsuist does not let the other man keep him at a distance. Once closed with, the French boxer, whose fist practice is invariably poor, is not in it against the English pugilist—as was proved some years ago in the famous Driscoll and Charlemont match—and is still more nonplussed by Jiu-jitsu.

"The encounter was short and decisive. At the signal, Dubois lunged out with a fierce kick aimed at the chest. Ré Nié avoided it easily, and closed at once. In an instant Dubois was down, his arm caught backwards, and another second later he was calling halt. Getting up, he frankly confessed himself beaten. He felt that Ré Nié had caught his arm at the articulation, and would have snapped it had he held out a moment longer. This was, of course, one of the classic tricks of Jiu-jitsu, called the 'arm lock,' as Ré Nié explained. Obviously, once he had got his hold, no boxing, English or French, could withstand the Jiu-jitsu wrinkle. The match lasted exactly one minute. Ré Nié has got a splendid advertisement out of it for a Jiu-jitsu school which he runs near the Champs Elysée. It is said that there is also a school of Jiu-jitsu just opened among the hooligans of La Vilette."




ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

J. G. MACDONALD (INVERNESS).—I have dealt fully with much the same subject in my treatise and exercises for the hand and arm, which you have. You cannot do better than follow the instructions given there.

S. H. KING (NORTHAMPTON).—You will find that twenty minutes night and morning is ample. Many people fall into the error of overdoing things, which is entirely detrimental to satisfactory results.

G. KEARNE (DURHAM).—They are undoubtedly excellent examples of New Zealand physique, but are by no means isolated ones. I trust that their visit will do much towards encouraging the improvement of physique in this country generally.

A. BELTON (DUBLIN).—Thus far we have not been able to find any trace, although a most thorough search has been made.

C. J. WOOD (BRISTOL).—In the absence of a photograph, it is impossible to give a definite opinion without complete measurements. Judging from your letter I should think you want building up considerably. Do not undergo too much exertion, and take Plasmon in various forms, of which there are a variety.

C. W. H. (PLYMOUTH).—You are evidently looking for a very *easy* "royal road" to strength, and there is no such route. My dear reader, why be *lazy* in the matter, so all-important to your future welfare? That very laziness is proof positive of your physical debility, your urgent need for physical regeneration.

FAIRNESS (KENSINGTON).—I have not seen it, but I understand that such is the case. With you, I am of opinion that this should not be allowed to exist.

LACK OF ENERGY (W. B. E., GLASGOW).—Your complaint is rapidly increasing. But who that looks squarely into the cause wonders at it? There are tens of thousands of young city men like yourself, and the details you send me of your mode of living go to show that you have—either wilfully or ignorantly—brought your present condition upon yourself. It is not sufficient to endeavour to excuse yourself on the ground that you were "never really strong." I contend that every human being (not actually deformed) proves by birth his or her power to *add* to his birthright health and strength. The human being is *always* growing. Up to the prime of life the constructive powers are in the ascendant, *i.e.*, the building-up work is in excess of the breaking-down of used, waste tissue. After middle age we are healthy if we maintain a balance of the two processes. The man who breaks up and dies before he is 75 or 100 is just that much deficient of what should be a proper balance. Yes, W.B.E., correct your mode of living; see to it that the physical side of your life is not neglected, and you will speedily mend your condition. Why not start "right now?" as they put it in America. Get a Developer and my book, "Strength, and How to Obtain It" (prices quoted elsewhere), and the commencement of another year will see in you a vast improvement. If you feel that you would like my personal direction of your work, you should avail yourself of my Home Course of Physical Culture, of which I have published an illustrated explanatory treatise, a copy of which I shall be pleased to send to you or any reader who would like to see it, and who will apply to me at 17 Basinghall Street, London, E.C., at same time giving me details of his or her case.

BIRMINGHAM BOY (BIRMINGHAM).—One of your townsmen, D. Cooper, was a very close runner-up in the National Competition for my gold statuette. This should encourage you—and you have a good bone foundation to build upon if you are correct in the figures you give me of your physique.

CHILBLAINS (MIDDLESBRO').—is an assistant in an ironmonger's shop, and suffers from chilblains every winter, and indigestion, constipation and anæmia. Fortunately, you are of an age (18) when it is possible to do a very great deal in the direction of banishing such weakness from your system. I would recommend you to take a course under my direction (see answer to "Lack of Energy, W.B.E., Glasgow").

CARDIFFITE (W.L.) is a clerk and suffers from catarrh. You do not say so, but I daresay you also suffer from indigestion and possibly constipation, too. The three are allied enemies to health, and are inter-dependent. With relief from constipation—meaning the more complete elimination of poisonous waste matters from your system, thus freeing your body from the conditions which give rise to your catarrh. The same process that relieves the constipation would also strengthen the digestive organs and accelerate the circulation—and chilblains, do not forget, are due to sluggish circulation. There, "Cardiffite," I have explained *how* my system of Physical Culture would effect an all-round improvement in your case.

G. S. (BELFAST).—On another page you will see a list of books that would prove very useful to you if you wish, as you say, to "study the subject of Physical culture thoroughly."

D. P. S. (NOTTINGHAM).—I think you would like *The Athlete*, price 2d. monthly, an interesting illustrated athletic review.

G. L. (LONDON, W.).—See reply to "Lack of Energy, W.B.E."

C. H. (LINCOLN).—The majority of the New Zealanders have trained under my system.

DRINK AND TOBACCO CRAVING (MANCHESTER).—Yes; my system would be a splendid help to you in checking and curing such unhealthy appetites. Do you appreciate that with an increasingly healthy body your craving would gradually disappear?

# STIMULANTS.

By H. G.

THE conditions of our every-day life are most unnatural. Our food, our clothing, our work, our pleasures and our general habits are nearly all opposed to Nature's laws. We eat too much and too often; and our food, beside being excessive in quantity and frequency, is often poor in food value or wrongly combined. So that we do not ordinarily get from the food taken nearly as much energy as we ought. Notwithstanding this, however, most of us, actuated by ambition, greed, vanity, or what we call "necessity," take upon ourselves duties and responsibilities far exceeding our powers. This leads inevitably to exhaustion; and with exhaustion comes the want for something that shall add to our powers. A stimulant apparently does this.

Let the energy derived by a man from the air and his food be represented by 100. Now, if in his daily work he uses up energy to the amount of 100 or less, all is well. But supposing that, through poor air or poor food, he gets energy to the amount of 75 only; and supposing that at the same time he tries to do work to the amount of 150. This can be done for a time through drawing on the reserve of vitality which each possesses; but sooner or later this is exhausted, and then comes collapse in the form of some acute disease, neurasthenia or death.

The number of people who are living on this precious reserve vitality is alarmingly great. They are often people holding the highest positions. They are the people who drop suddenly, often dramatically, out of life. They are the people who crave and use stimulants. A stimulant is a substance that, taken into the system, acts as an irritant, causing increased effort on the part of the organism to eliminate it. The excitation thus produced is often mistaken for strength. A spark in the eye, a drop of water swallowed "the wrong way," the touch of a spur to a spirited horse—these illustrate the action of a stimulant. The deluded victim of the stimulant habit, however, sees the result in the shape of apparently increased powers; but knows little and often cares less about the ultimate effect.

The craving for stimulants is well-nigh universal. Probably among the so-called civilised nations of the earth there is not one person in fifty who is not to a greater or less extent addicted to the use of tea, coffee, alcohol, tobacco, opium, chloral or other drug. Oftentimes the craving becomes so intense as to lead to the strangest excesses. The smoking of cigarettes made of tea leaves, the drinking of eau de cologne, of kerosene oil, of crude alcohol and of turpentine are among the strange vagaries resulting from the demand for stimulation.

The condition of a man in ordinary good health may be represented by 100. Now, by stimulation he can temporarily increase his powers, say to 105. But by an implacable law the reaction will carry him down to 95. He is now abnormal. Stimulation will again raise him from 95 to 100, but the inevitable reaction will carry him to 90. And so on, every stimulation followed by its reaction. Imagine this process carried on until 0 is reached. The next stimulation will raise the condition to 5, but the inevitable reaction carries it beyond the power of the organism to respond. The result is collapse, which comes in the form of some acute disease, neurasthenia, delirium tremens, mania or death.

The habit of stimulation is always dangerous. It matters little which is the most injurious—tea or coffee or morphine or alcohol—when all are dangerous poisons differing from each other only in the manner in which they affect the nervous system. Distinctions between various stimulants simply obscure the point at issue, which is that all stimulants are dangerous. There is only one safe rule regarding stimulants, and that is—Don't use them.

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# Physical Training of Naval Men.

## British Methods Praised.

REAR-ADMIRAL JOHN C. WATSON, U.S.N., who has returned from Europe, where he made an extensive study of the physical condition of the enlisted men of foreign navies, together with the methods employed in their training and maintenance, states that there has been recently a great increase of official interest in the physical welfare of the enlisted force. The naval authorities, he says, have learned, though rather tardily, that naval efficiency requires hardy, well-fed, contented, and properly trained crews quite as much as it requires large ships and powerful guns, and that in all the navies he inspected there is increasing effort to meet that requirement. "It is remarkable" (says Admiral Watson, in an interview published in *The Philadelphia Public Ledger*) "that so many years elapsed after the abolition of sail power before the nations had eyes for the fact that the modern armour-clad provided insufficient substitute for the hardy muscular development of the older seamanship. The training of the modern man-o'-war's man has been along technical lines—a mental schooling that more or less neglects the requirements of physical development and stamina. The question became a pressing one in England, and resulted in a widespread agitation. This has led to beneficial results. I would not say that the United States has much to learn; but in at least one particular we might take a lesson from England. As the result of the agitation there in the last two years there has, continues Admiral Watson, been instituted a valuable course of physical training. It is based on the methods of the Swedish physical culture, and has had most successful results with the men of the British fleet. In this country, apart from athletic sport, there has been given scant attention to physical culture. A board has been appointed, however, to make an exhaustive inquiry. In Germany two naval officers have recently been detailed to study the methods of physical culture in the German Army, which has long had a fine and thorough system. The results of their investigations will be applied to the men in the navy. In France, also, measures of the kind have been adopted. In the matter of the moral surroundings of enlisted men, there is a very satisfactory condition in the navy of Great Britain. Agnes Weston, a philanthropic spinster, has interested herself with so much success in this matter that she is called the Mother of the British Navy. The International Committee of the Y.M.C.A. in that country have confessed that, so long as she lives, the association's efforts in that direction will be superogatory. Her work corresponds very much with the valuable efforts of Miss Helen Gould in this country. She lacks Miss Gould's resources, however, but accomplishes results by her influence on public sentiment."

The annual inspection of the London Naval Volunteers took place on Oct. 21 on board the Buzzard. After the inspection the men and company adjourned to the drill "shed" in Commercial Road, Lambeth, where gun-boat drill, bayonet exercises, and practice in signalling by wireless telegraphy were gone through. Captain the Hon. Rupert Guinness (commanding officer of the Buzzard) was present. The inspecting officer was Vice-Admiral Reginald F. H. Henderson, C.B. About 950 men turned out.

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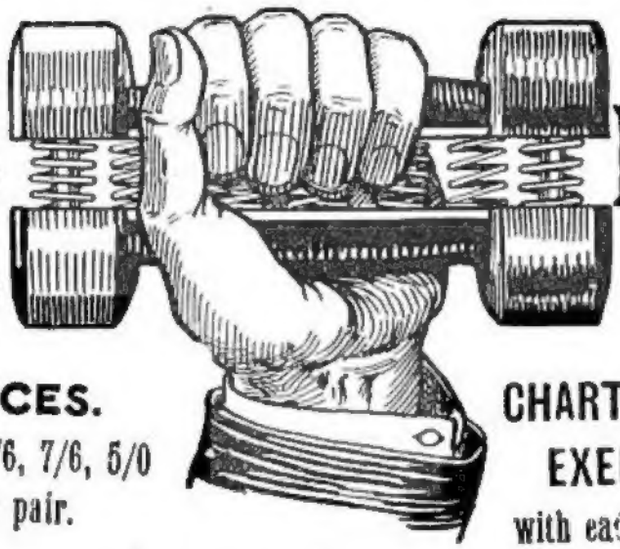

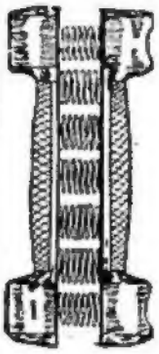

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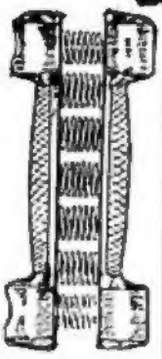

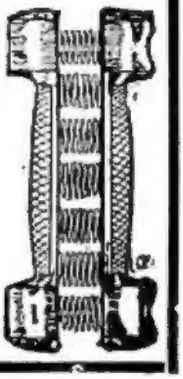

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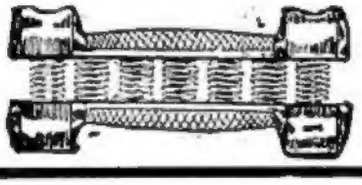

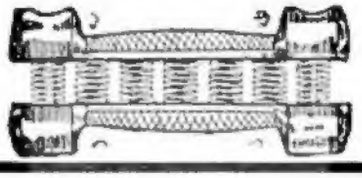

# AMUSEMENTS.

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ADELPHI—At 8.30, "Dr Wake's Patient." Mat. Wed. and Sat. at 2.30.

CAMDEN—At 7-45, "The Taming of the Shrew." Mat. Sat. at 2-30.

CORONET—At 8, "The Freedom of Suzanne." Mat. Sat. at 2-30.

COMEDY.—At 8.20, "A Man of the World," 9-0, "On the Quiet." Mat. Sat. at 3.

COURT—At 8-15, "Man and Superman." Mat. Tues. and Friday at 2-30.

CRITERION—At 8.30, "The White Chrysanthemum." Mat. Wed. and Sat. at 2-30.

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GAIETY.—At 8, "The Spring Chicken." Mat. Sat. at 2.

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HIS MAJESTY'S—At 8.0, "Oliver Twist." Mat. Wed. and Sat. at 2-15.

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